



## Set Your Stage: Strategies for Success

Your behavior and personal dialogue can sabotage good intentions to keep weight under control. Certain “high-risk” situations can trigger you to eat more than you had planned. The more you put into practice the habits that are listed on the right hand column *during* eating the sooner you will “set the stage for success.” You’ll be surprised at how a few simple behavior changes can help you reach and maintain your weight loss goals. You’ll end up feeling more energetic and will feel joy and pride!

### During Eating

Instead of ...	Try ...
<b>Eating in a variety of places (e.g., bed, couch, car or desk)</b>	<b>Confining eating to particular place (e.g., dinner table)</b>
<p>Avoid eating in several places such as the bed, desk, couch, in front of the refrigerator, over the sink. Confining eating to one particular place can help decrease the amount of food consumed since you are limiting the places you can eat.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Choose one or two places/locations you will eat at and stick with it.</li> <li>✓ Prepare an environment that reduces urges to overeat – a setting without distractions, soothing music, smaller plates can all help. Color can also affect how much you eat. The color blue is considered an appetite suppressant and red, yellow and orange can stimulate the appetite. Try using blue placemats, napkins, etc.</li> </ul>	
Instead of ...	Try ...
<b>Eating quickly and not chewing your food thoroughly</b>	<b>Eating slowly and chewing your food thoroughly</b>
<p>Chewing food thoroughly helps slow down the rate of eating. This will give your brain time to recognize you’re full – it can take 20 minutes!</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Slow your eating pace: put down your fork between bites, pause during the meal, savor each bite and chew thoroughly, sip rather than gulp beverages.</li> <li>✓ Think of eating as a “gift” not to be taken for granted. Imagine all the steps that went into bringing that food to your kitchen table. This may help make it a more meaningful, enjoyable and “less rushed” experience.</li> </ul>	
Instead of ...	Try ...

Doing other things while eating (e.g., watching TV or reading)	Focusing on eating and not doing other things while eating
<p>Are you a multi-tasker? Try not to let eating become a task while you're doing other things. Often we don't realize what or how much we're eating if we're not focusing on the act of eating itself. This can lead to excess calorie intake. Instead, enjoy your food. Make eating a conscious activity and focus on the eating experience.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Make the decision to eat in only one room of the home and/or turn off the TV while eating.</li> <li>✓ Note the temperature, texture and flavor of each bite. Learn to savor and appreciate the experience</li> </ul>	
Instead of ...	Try ...
Eating when emotionally upset	Not eating when emotionally upset
<p>Recognize that many people eat when emotionally upset and use food as a coping mechanism. If you are tempted to eat when you're upset, ask yourself if food is really what you want or need. Ensure you are relaxed when eating.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Use other tools to manage emotions such as journaling, calling a friend, going for a walk, feeling the emotions and crying, etc.</li> <li>✓ Give yourself 15-20 minutes before giving in to the urge to eat. Do something else (not related to food) during that time. Chances are the urge will subside.</li> <li>✓ Become aware of the difference between biological hunger and emotional hunger. Food won't solve a problem. In fact, it may only make you feel worse in the long run and eventually you'll have to deal with the source of the emotion anyway.</li> </ul>	
Instead of ...	Try ...
Serving food "family style" at table	Serving portions before sitting at the table
<p>The more food that is presented to you, the more you will be stimulated to eat.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Try to eat the initial portions you have and eat slowly, enjoy conversation, etc.</li> <li>✓ Try using a smaller plate.</li> <li>✓ Try drinking a glass of cold water before you start eating to help take the edge off your hunger. If that doesn't work, try drinking the water after eating. If after a few minutes you're still hungry, eat more vegetables and limit yourself to only 1-2 additional small bites of the entrée.</li> </ul>	
Instead of ...	Try ...
Not eating breakfast	Eating breakfast
<p>Skipping meals may lead to overeating at the next meal because you are famished. Eating breakfast helps you work with your hunger and promote a more stable blood sugar level throughout the day. People who skip breakfast also tend to have lower metabolism. When this happens, it's more difficult to lose weight. Eating breakfast improves energy, mental concentration and learning.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ You can drink your breakfast. Blend yogurt and fruits for a nourishing breakfast smoothie!</li> </ul>	

<ul style="list-style-type: none"> <li>✓ If you're not a big breakfast eater or eating in the morning makes you nauseated, try something small such as a slice of toast and jam, a glass of skim milk or a piece of fruit.</li> <li>✓ Jump-start your metabolism by eating within 3 hours of waking up.</li> </ul>	
<b>Instead of ...</b>	<b>Try ...</b>
<b>Eating according to urges</b>	<b>Eating according to time schedule</b>
<p>Eat according to time schedule. For some people eating on a schedule can help control your calorie intake by reducing portion sizes and the risk of binge eating.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ If needed, try eating 5-6 healthful/nutrient packed mini-meals throughout the day, also known as "grazing" to keep hunger under control.</li> <li>✓ To avoid overeating later, don't let more than 4-5 hours pass between meals.</li> <li>✓ Include protein a little fat and fiber to help you feel satisfied and to control blood sugars (e.g., peanut butter spread on an apple, cheese with crackers, turkey breast on a slice of bread.)</li> <li>✓ Stay hydrated. Hunger is often mistaken for thirst. Sip on water throughout the day.</li> </ul>	
<b>Instead of ...</b>	<b>Try ...</b>
<b>Expecting to be served; eat everything you're given</b>	<b>Expecting to serve yourself; leave some food on your plate</b>
<p>Whenever possible, serve yourself to control the amounts of food you eat; leave a bite or two behind on your plate.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Try using smaller plates. Research shows that you can "trick" yourself into thinking you have a larger portion by using a smaller dish.</li> <li>✓ Fill half of your plate with non-starchy vegetables, a quarter with the entrée and another quarter with fruit or carbohydrate. Use this as a guideline to overall help reduce the caloric content of your meals.</li> </ul>	
<b>Instead of ...</b>	<b>Try ...</b>
<b>Thinking "I need.... (sweets, chips, etc...)"</b>	<b>Thinking "I want... but I could go without them"</b>
<p>Take a moment to see if the urge will pass. Try to divert your attention to an email, writing a letter, making a journal entry, taking a walk, reading a newspaper article, etc.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Ask yourself if you're really hungry or if it is stress, boredom or some other emotion driving the urge to eat.</li> <li>✓ Try drinking a tall glass of cold water with a slice of lemon or lime added.</li> <li>✓ If the urge doesn't pass, allow yourself a small portion of the food you're craving. Sometimes this is better than trying to satisfy the craving with several less satisfying foods that will only lead to excessive calorie intake.</li> </ul>	
<b>Instead of ...</b>	<b>Try ...</b>
<b>Thinking "I blew it anyway" or "This is the weekend"</b>	<b>Thinking "I can get back on track now, weekends do count"</b>

<p>Don't fall into this trap – it is easy to overeat calories on a weekend and defeat all the work you have done throughout the week. If you need a treat each weekend, find a way to limit it to a certain amount or at one meal each week. Some people enjoy allowing a 150-200 calorie treat every day to stave off binges – you can still lose weight if total calories you take in are less than the calories burned!</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Try making peace with food. Avoid thinking there are “good” foods and “bad” foods. Allowing once forbidden foods back in your life will help reduce the urgency to have them in large quantities.</li> <li>✓ Avoid restrictive eating throughout the week then allowing yourself binges on the weekend because you've been 'good'. Eat moderately on a daily basis to avoid the feelings of deprivation that lead to binges.</li> </ul>	
<b>Instead of ...</b>	<b>Try ...</b>
<b>Eating only old favorites regardless of nutritional value</b>	<b>Trying new and healthy alternatives or modifying the preparation of your old favorites</b>
<p>Experiment with new, healthy foods and recipes. Try a new cookbook or website, such as <a href="http://www.meals.com">www.meals.com</a>. This will give you many new and flavorful dishes to try – many are very easy and fast to prepare. Start with one new recipe per week and add on from there.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Try healthier (and tasty!) versions of old favorites like baked fries over traditional French fries, apple crisp over apple pie, etc.</li> <li>✓ Experiment with ingredient substitutions -reduced fat dairy products over full-fat versions, applesauce as a fat replacement in muffins and quick breads, yogurt over sour cream, etc.</li> <li>✓ List of common ingredient/food substitutions: <ul style="list-style-type: none"> <li>- <a href="http://www.cfs.purdue.edu/Extension/doc/recipesubst.doc">http://www.cfs.purdue.edu/Extension/doc/recipesubst.doc</a></li> <li>- <a href="http://www.nutribase.com/foodsub.shtml">http://www.nutribase.com/foodsub.shtml</a></li> </ul> </li> </ul>	

**YOU CAN DO IT! Shape Your Future...your Weigh!™**